



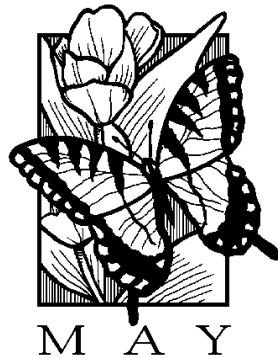
PATHWAYS TO PROMISE

Interfaith Ministries and Prolonged Mental Illnesses

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edited by Florence Kraft



May is Mental Health Month

In every congregation, more people than anyone would guess experience serious mental and emotional disorders. Pathways to Promise urges you to take advantage of opportunities during the month of May to reach out to those individuals and their families. Worship resources including bulletin inserts, prayers, responsive readings and sermon topics are available for this purpose. Visit our web site <www.pathways2promise.org> for ideas or contact the Pathways office. Phone: (314)644-8400; FAX: (314) 644-8834; email: Pathways@mimh.edu.

The National Mental Health Association (NMHA) was the first to set aside the month of May for special recognition. Visit their web site <www.nmha.org> and contact your local chapter to see how you might participate in events scheduled for your community.

It's time to renew!!

Pathways to Promise operates on a calendar-year basis; now is the time to renew your membership for 2003, if you have not already done so.

To become a new or continuing member of Pathways, please complete and return the membership form found on the back of this newsletter.

Pathways Spring Board Meeting

The Missouri Institute of Mental Health (MIMH) hosted the spring Board Meeting in St. Louis, April 7-8. We were greeted by Vicki Eichhorn, Pathways' new Administrator. Vicki brings extensive knowledge and experience from her work at MIMH. She has lots of energy and demonstrated great organizational skills! Dr. Danny Wedding, MIMH Director, provided a tour of the Institute and expressed continued interest in potential joint activities including grant possibilities. We are particularly excited about a proposal to link our web site with the Institute's library, providing access to abstracts from the library's 28,000 volumes of journals.

As we enter our third year without an executive director, Pathways is alive and well! Our financial situation is stable; expenses have been pared down to the level of income. We currently function primarily as a resource center, providing brochures, bulletin inserts, liturgical resources, manuals and videotapes to raise awareness at all levels of faith group structures from local congregations to regional and national staff.

Formed at the national level in 1988 by fifteen faith groups and three mental health organizations, Pathways remains dedicated to its role as a technical assistance center enabling cooperative and coordinated activities among faith groups and mental health communities. The reality is that denominational support and capability gets less each year and our attention becomes increasingly focused on "points of energy" rather than national staff. A change in bylaws was proposed to increase faith group representation on the Board to two with the expectation that the second person would not be denominational staff, but a representative from that denomination's mental illness network. The proposal is to be ratified at the fall (teleconference) Board meeting. Your comments are invited.

Membership Update

The Board and staff are grateful to those of you who have become members of Pathways. Without this monetary support we could not continue. The individuals who have joined are too numerous to list. However we would like to share with you the faith groups, congregations, organizations and agencies that have joined Pathways since we last published a Newsletter.

National Religious Bodies and Organizations

Episcopal Mental Illness Network
Lutheran Church-Missouri Synod, St. Louis, MO
United Methodist Church, Health and Welfare Ministries, New York, NY

Regional Bodies or Chapters of National Organizations

Diocese of Kalamazoo, MI

Congregations, Groups and Agencies

AMI of Palm Beach County, Lake Worth, FL
Bay View United Methodist Church, Milwaukee, WI
Four County ADA MHS Board, Archbold, OH
St. Luke's United Church of Christ, Trappe, PA
Shir Hadash, Los Gatos, CA

Other Gifts and Grants

The Aurora Foundation, Aurora, IL
UCC Mental Illness Network



Board Chairman Bob Dell welcomes Vicki Eichhorn as Pathways' new administrator.



Mark Your Calendar

May 7 - Phoenix, AZ: *Ministering to the Mentally Ill in Our Midst*; Clergy Day at the Arizona State Hospital (in the new gym). Call the Chaplaincy Office:(602)220-6190

May 18 - New Jersey Coalition for Inclusive Ministries: *Awards, Recognition and Celebration Dinner*. Ginny Thornburgh will speak. Call Valerie Pyles (732) 235-9320.

May 18 - River Forest, IL: *All Are Welcome*; prayer service and reception with Cardinal Francis George at Dominican University. Call: (708) 383-9276.

May 24 - Lisle, IL: *Schizophrenia Awareness Day*; Dr. Carol North, Keynote Speaker; Awakenings: Art Exhibit; Benedictine University.

May 31 - Chicago, IL: *Congregations Responding in Faith; Creating Places of Hope for Persons with Mental Illness*; Stories, drama and personal experiences will be used to engage participants. Fourth Presbyterian Church. Contact Terrill Stumpf at (312) 981-3396.



In Memoriam

Memorial contributions have been made to Pathways to Promise in the names of the following people.

In memory of:

Elijah Taylor by Heather M. Tuten
Magnolia Place Clubhouse

In honor of:

Edward G. Francell, Jr
by Claire H. Francell

June 2-9 - Abiquiu, NM: *Building Communities of Hope*; Role of the faith community in forging relationships of hope for persons living with mental illness. Ghost Ranch Conference Center. Call (505) 685-4334 or visit their web site for details: <www.ghost ranch.org/abiquiu>

June 8 - Evanston, IL: *Overcoming the Stigma of Mental Illness*; Dr. Richard Smith of the University of Arkansas will discuss roles of community organizations, including religious institutions, in responding to mental health problems. Beth Emet Synagogue. (847) 869-423 ext. 335.

June 28 to July 1 - Minneapolis, MN: **NAMI Annual Convention**, *Partnerships for Recovery; Confronting the Mental Health Crisis in our Communities*, Visit their web site for details: <www.nami.org>

Pathways is encouraged by increased attention to faith outreach within NAMI. Board Chair, Bob Dell, has conferred with Gunnar Christiansen of FaithNet-NAMI about shared goals. Look for Bob and Gunnar in Minneapolis at the NAMI Convention!

NETWORK NEWS

Episcopal Mental Illness Network - Bean Murray, Chair of EMIN, reports circulation of around 400 for their newsletter, *EMIN News*, which they hope to publish three times this year instead of twice. Materials are being gathered for a web site with a small steering committee meeting every two weeks to stay on top of the matter. Caroline Stevenson will be attending the NAMI Conference and is interested in getting faith groups together at some designated time. Bean has made a commitment to work a definite amount of time each week on EMIN and can be reached at beanmurray@yahoo.com.

Lutheran Network on Mental Illness/Brain Disorders - Meeting in Chicago last fall, the LNMI/BD Board reviewed strategic planning for the next three years and assigned duties for individual members. Dr. Stewart Govig (Washington) was elected Board Chair and Paul Hunter (Pennsylvania), Vice Chair. The LNMI/BD continues to seek opportunities to present workshops, panels and talks for church conferences.

Janet Dotterweich has been named as the Representative to the Pathways Board from the Lutheran Church-Missouri Synod.

Presbyterian Church (USA) - New officers were elected at the Serious Mental Illness Network membership meeting in January: Rev. Bob Butziger, Chairman; Beth Baxter, M.D., Vice-Chair; Jan Burggrabe, Secretary and Representative to Pathways; Barbara Outterson, Treasurer; Rev. Christopher Smith, Nominating Committee Chair; Jack Robertson, M.D. PHEWA Representative and Brenda Gales, Publicity and Newsletter. Bob can be reached at <Butziger@aol.com> or phone: 505-294-1517.

The year 2003 marks the 15th anniversary of PCUSA's resolution, *The Church and Serious Mental Illness*. Special events are being planned for the denomination's General Assembly in June. The annual Congregational Award for mental illness ministry will be presented to Capitol Heights Presbyterian Church of Denver, CO. Immediately following GA, our Ghost Ranch Conference Center in Abiquiu, NM will host a week long seminar *Building Communities of Hope* led by Flo Kraft, Rev. John Lewis and his wife, Marge.

Union of American Hebrew Congregations introduced its new study and resource guide April 22nd at the first of a series of workshops and seminars aimed at raising awareness within congregations concerning the issue of mental health. The guide includes an overview of mental health issues from the context of Jewish Tradition; sample sermons; meditations;



On the Web~~~

www.pathways2promise.org is becoming known! In March 2003 our web site recorded over 18,200 hits.

Other Interesting Sites

www.beforetheyfall.com - Tells the story of the McBride family and previews a new documentary, *Before They Fall Off the Cliff: The Ripple Effects of Schizophrenia*.

www.cstprogram.org - Promotes strong, informed consumer/family voices in all aspects of mental health policy, research & services; electronic library; art display.

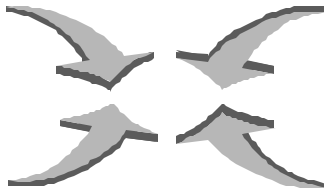
www.lucidinterval.org - Witty and worthy; by a consumer who has bipolar disorder; covers important topics; book reviews; suggested resources; links to other sites.

www.mhamilw.org - Excellent site of a local Mental Health Assn.(Milwaukee); note their Caring for the Soul Committee which partners with faith communities; also their Invisible Children's Program.

prayers; programs and resources. To order a copy of the new guide, contact Rabbi Richard F. Address, Director of the Department of Jewish Family Concerns at UAHC (633 Third Ave., New York, NY 100017) or email <deptjewfamcon@uahc.org>

United Church of Christ: The health insurance administration (part of the denomination's Pension Board) is being revamped and has a new administrator. The Network has been in touch with them and there is hope that they are moving serious mental illnesses out of behavioral health and under general coverage.

The Reverend Bryan Crousore is the present Chair of the Network which is slowly establishing and supplying their Key People Network. Bob Dell continues to fill orders that come in as a result of the Web site www.min-ucc.org



Points of Energy
in United Methodist Ministries

What do mental health ministries in the **California-Pacific, Holston, Virginia, Oklahoma, Northern Illinois, Baltimore-Washington** and **New England** Conferences have in common? All seven develop education programs and presentations inviting churches to learn the facts about mental illness in order to counteract its stigma. Five of the seven will ask this year's Annual Conferences to approve resolutions that push for parity, recognize mental health awareness weeks and/or urge implementation of mental health ministries at local and district levels.

California-Pacific Conference Rev. Susan Gregg-Schroeder began immediately to address her biggest challenge - no funding - by delving into the bureaucratic vagaries of grant writing and obtaining status as a Conference Advance Special entitled to raise money in local churches. By God's grace and Susan's hard work, MHM (Mental Health Ministries) has now received funds sufficient to proceed with plans for more videos.

Creating Caring Congregations, completed in July 2002, won a prestigious "Telly Award" for excellence. It is the first of eight videos that will go a long way toward filling the need

for an integrated approach to information about mental illness within a faith perspective.

The MHM Interfaith Advisory Board represents 5 denominations drawn from community, professional, Annual Conference, and private sector sources. Susan hopes to soon begin development of materials seminaries can use to prepare prospective pastors for meeting the needs of parishioners who live with mental illness. She also has an active speaking ministry, leads workshops and conferences, and is planning a resource table for AC. She invites all to visit the MHM web site: <www.mentalhealthministries.net>

Virginia Conference Margaret Ann Holt, President of the Virginia Interfaith Committee on Mental Illness, tells us VICOMIM received a \$2000 Conference grant for Suicide Prevention Education programs which allow attendees to decide which of three at-risk populations they'd like to study: teenagers, the elderly or the general population. VICOMIM will draw on a pool of 130 trainers certified by the VA Department of Health under the auspices of the Center for Disease Control to do the training.

To begin bridging the gap between academia and ministry, VICOMIM facilitated a "Dialogue with Seminaries" to encourage seminaries to include information about how to meet needs of people affected by mental illness as part of the mandatory seminary curriculum. (Available on CD from vicomim2@yahoo.com).

Northern Illinois Conference (NIC) Mental Health Ministries Task Force meets quarterly and is proceeding with plans for a resource table for the Annual Conference including news about the Task Force along with reference materials, and information about Pathways to Promise, NAMI and Pastoral Counseling centers.

The Rev. Bob Dell, Pathways Board Chairman, spoke at the April meeting of NAMI of DuPage County, IL. His topic, "How Congregations Can Help," proved particularly helpful in establishing connections with faith communities in the County.

Oklahoma Conference Barbara Schneeberg, Conference Coordinator of Mental Illness Ministries, has worked for over a decade to strengthen bonds among faith communities, families, mental health professionals, and persons who have mental illness. She is one of the first to address Spirituality and Mental Illness with consumers; has led city-wide mental illness prayer services; and helped establish and facilitate the "Journey of Hope" and "Visions for Tomorrow" programs. Barbara remains connected through her current work with

Tulsa's annual Diversity Job Fair, the UMC National Task Force on Developmental Disabilities, the Oklahoma Consortium on the Olmstead Supreme Court Decision Implementation, and the advisory board of Bright Tomorrows.

Holston Conference has no "official" mental health ministry, but two psychiatric chaplains (Rev. Rose Ann Briotte and Rev. Tom Graham) put forward a first-rate mental health ministries presence. They co-wrote *Friend, Roman, Countryman: Lend Me Your Fears* published by the Wayne Oates Online Institute. *Fears* was later the basis for an Oates Institute Seminar titled *When Religion Gets Sick*, which they co-led. They've also produced kits for "Children and Mental Illness Week," "May is Mental Health Month," as well as *Honest Talk About Serious Mental Illness* (a video and curriculum first published by the Presbyterian Church, USA). Other kits are on the drawing board, including *Pastors' Mental Health* and *Healthy Lifestyle Choices and Mental Illness*.

New England Conference (NEUMC) - Eileen Noyes-Verchereau, volunteer Coordinator of Mental Health Ministries, took on two immediate goals: introducing MHM to NEUMC and developing interfaith connections. NEUMC's *Cross Currents* published a two-part article she wrote to launch MHM. The first part used the old TV show "I've Got a Secret" to illustrate how insidiously stigma penetrates consciousness; acquainted readers with mental illness as brain illness; and explained that Caring Community means "God-With-Skin-On" to people who have these illnesses and to their families. Noting how the scriptural and UMC rationales for MHM "add up" to Caring Community, the second article focused on suicidality and mental illness. MHM will have a Resource table at Annual Conference featuring facts and information about mental illness, NAMI's family programs, and news from the UMC Mental Illness Network.

Eileen co-chairs FaithNet NAMI-MASS, which is developing "templates" that faith communities can use as the basis for presentations about mental illness. Each covers a different facet of mental illness such as stigma, homelessness, diagnoses, etc.

FaithNet will have a resource table at the annual NAMI-MASS convention featuring denominational mental health/illness programs and literature. MHM is also working with the Mass Council of Churches to develop/compile a list of programs and materials each of its member denominations has developed about mental illness.

These brief summaries are not meant to reflect the sum total of Mental Health Ministry in United Methodism

and barely touch on individual efforts that occur day in and day out throughout the Connection.



Stranger in Our Midst: The Church and People with Mental Illness- Highly recommended new video and 3-page study guide produced by Seraphim Communications, Inc; 1568 Eustis; St. Paul, MN 55108. Phone: 800-733-3413.

I'm Not Sick; I Don't Need Help by Xavier Amador, PhD and Anna-Lisa Johanson, PhD; Vida Press. Denial of illness, refusal of treatment, and quitting medications too soon are common laments of family members or anyone who works with individuals overcome by mental illness. This quick, easy-to-read book provides insight into feelings and impressions of the client.

Lay My Burden Down: Suicide and the Mental Health Crisis among African-Americans by Alvin F. Poussaint, M.D. and Amy Alexander; Beacon Press. Uses stories of survivors, interviews and analysis of current data to raise compelling questions about the unique physical and emotional perils for blacks and suggests ways that family members, clergy and health care providers can help.

Willow Weep for Me: A Black Woman's Journey Through Depression by Meri Nana-Ama Danquah; Published by W.W. Norton. Chronicles personal experiences of this talented poet, writer, performance artist, social activist and mother as she struggled with depression; not only a testimony to the universality and severity of depression in any culture, but also a powerful reflection of courage and survival.

The Depression and Bipolar Support Alliance (formerly DMDA-Depressive and Manic-Depressive Association) has a new name, a new web site <www.DBSAAlliance.org> and a new database of patient-to-patient recommendations. DBSA gets dozens of calls every day from people looking for MH professionals. The database will allow people to search client recommendations by location or specialty, but the new service will be effective only if clients list their talented doctors or therapists. "Do you like your doctor?" DBSA will review the recommendations and post them online. To list a professional, go to the web site.

My Son's Road to Spirituality

by Ruth Posner

My son, David has a mental illness. When my son began to express a heightened interest in his Jewish roots and then in the Jewish faith and its observance, I concluded that this was a positive manifestation of David's progress toward healing and wellness.

The decades of David's illness saw his initial hostility to his ethnic roots turn into a more generalized mistrust (part of the illness?). Throughout the years, it was painful for me to perceive firsthand in David (and in others like him) an inner life of emptiness, if not turmoil and torment.

David lived away from home in a transitional apartment. On his own he took this initiative toward faith. I encouraged him to continue down this path. I felt David's turning toward spirituality could only help instill in him the missing inner strength, comfort and sense of group identification. I helped him acquire a prayer book, shawl and other accessories. He started to say daily prayers; he lit his own Hanukkah Menorah and increased his learning by reading and discussion with like-minded clients at the Venture Clubhouse.

David and I attended occasional Sabbath services at Hillcrest Jewish Center. I noticed his increased ability to sit in a densely populated section, to remain for a longer segment of the service, and to participate more fully in the prayers and song.

At a service this past December, I saw a wonderful further step. I was shaken out of meditation when I suddenly saw David following one of the synagogue leaders up the aisle, obviously to perform an honor on the pulpit. I was filled with anxiety over how he would manage given his social withdrawal and aversion to groups.

To my utter delight, there was David in the midst of the synagogue elders, pleased and confident in his honor of closing the Ark doors while the Torah was replaced. He has now set himself the goal of a higher honor - that of creating a blessing in Hebrew at a future service. This all would have been unthinkable a year ago. This should give hope for healing and progress for all our loved ones.

It could not have happened without the encouragement of our Rabbi, who is so attuned to the justice and the need for integrating psychiatrically handicapped persons into congregational life. He is a friend of our cause. I thank him for his sensitivity and acceptance. May he be a model for those often unwelcoming and indifferent clergy.

Seize the Day

by Ed Yoch

When I have a period of severe depression I feel cut off from everyone and everything. I even doubt the existence of God. It is a real challenge to my faith, probably to the same extent that Job's faith was tested. I do not know whether Job actually sustained mental illness. I do know mental illness is as devastating and insidious as the many things he experienced.

Mental illness can be very damaging and challenging to one's faith. In a general sense, I know there is a providential God. I know there is an angel watching over me, and plenty of loved ones, because I have survived the episodes in the past. But, I am never totally sure I am going to survive the current episode. My younger sister tells me, "Eddie, you've survived in the past, you'll survive this one." I always respond, "I am not sure. This time I think it is going to last forever." I always feel that way. Perhaps this is because with me the illness is episodic. I never know when it will recur.

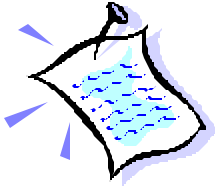
Mental illness has taken its toll on my life. It cost me my Air Force career. It cost me my marriage. It cost me my family. I only see my daughter once a year. It cost me every major romantic relationship I have ever had. It becomes too difficult for a woman to deal with my illness for more than a year or two.

When I look to the future it is hard to be optimistic. I do not know what the course of this illness will be for me over the long-term. When I feel fully recovered, I do "seize the day." I try to make the most of each good day that I have. That is how I deal with the unpredictability of mental illness.

And yet what has been the largest bane of my life, has in some ways been the biggest blessing of my life. I have lost my vocation of being a military career Air Force officer. But, I have found my avocation, because of what I have lived through, what I have learned in learning to live with this illness. I do a good deal of public education on mental illness. I help other people who are experiencing the same types of illness I have. If I can help them experience one less day of bad health, one more day of good health, I have contributed to another person's recovery. If I can help them to experience less stigma and to become a valued member of the community and the parish, then I feel I have achieved my goal here on earth.

[Ed Yoch is a consumer who has depression. He is active in outreach to people with mental illness in his parish and in the Depressive/Manic Depressive Association, the Alliance for the Mentally Ill, and the Self Help Center. He shared his thoughts in an interview in 1993.]





Price Increases Are Coming ~

Pathways materials are being reviewed, updated, and reprinted. Because of increases in printing and mailing costs, all prices will be raised in June. New prices will include shipping costs.

To order materials at current prices be sure to place your order by June 1.

Item (Prices includes shipping & handling)	Quantity	Cost	Amount
Pathways to Partnership Circle (or # of each): <input type="checkbox"/> _____ Christian <input type="checkbox"/> _____ Jewish		\$6.75	
Pathways to Understanding, Instructor/Student Manual		\$34.00	
Pathways to Understanding, Videotape		\$21.75	
Worship Resources		\$6.75	
The Bible As A Resource: Materials for Sermons and Articles		\$6.75	
Caring Congregations: Observations and Commentary		\$6.75	
It Is Well With My Soul		\$4.75	
Who Has Mental Illness? Circle (or # of each): <input type="checkbox"/> _____ Christian <input type="checkbox"/> _____ Jewish <input type="checkbox"/> _____ Roman Catholic		\$0.15	
When Mental Illness Strikes in a Family of Faith Circle (or # of each): <input type="checkbox"/> _____ Christian <input type="checkbox"/> _____ Jewish <input type="checkbox"/> _____ Roman Catholic		\$0.20	
Outreach to People with Mental Illness and Their Families Available only in packets of 25 each of the four bulletin inserts for a total of 100 inserts.		\$13.50	
Rabbi Who Sinned? A bulletin insert giving the myths and realities about mental illness. Available only in a packet of 25 bulletin inserts.		\$3.50	
Children and Mental Disorders: Myths and Facts Available only in a packet of 25 bulletin inserts.		\$3.50	
Putting the Pieces Together: Correcting the Myths of Mental Health and Aging Circle (or # of each): <input type="checkbox"/> _____ Christian <input type="checkbox"/> _____ Jewish Available only in a packet of 25 inserts.		\$3.50	
Sample packet of all 7 inserts for \$2.00		2.00	
Total			

Name: _____

Address: _____

City, State, Zip: _____

Telephone: _____ FAX: _____

E-Mail Address: _____

Please mail this form with your payment and make checks or money orders payable to: Pathways To Promise. Thank You!!

2003 Pathways to Promise Membership Form

All categories of membership include a subscription to the Pathways to Promise Newsletter

Please check **ONE** of the following membership categories:

- Individual - \$20 Congregation - \$50 Other Local Group/Agency - \$50
 Regional Body or Chapter of an Organization - \$150 National Religious Body - \$300*
 Other National Organization/Agency - \$300* Individual Honorary/Lifetime Membership - \$500
**Current Bylaws provide membership in this category includes a seat on the Pathways Board of Representatives.*

Additional Contributions to Pathways are welcome and tax deductible.

\$ _____ Gift to Pathways \$ _____ Gift to Pathways in Honor or in Memory of _____

Name: _____

Faith Group, Congregation or Organization: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Telephone: _____ FAX _____ Email: _____

Check here if you wish to receive a printed copy of the Newsletter.

Please make checks payable to: Pathways to Promise and send membership form to:
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